

Foster Parent Connections - 9-17-25

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9-17-2025



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Announcements



Suicide Prevention Month

September is Suicide Prevention Month. Suicide affects millions of people every year, including foster children.

If you, your foster child, or someone you know is having thoughts of harming themselves, please call 988. By raising awareness and talking openly, we can help prevent suicide and save lives.

Please consider taking trainings (like the one linked below) related to Counseling on Access to Lethal Means (CALM). This training provides education to reduce the risk of suicide.

Take CALM Training



Legislation Changes

On August 28, 2025, Missouri Legislature passed 39 bills. The following affected Children's Division:

- [HB737 - Modifies provisions relating to child protection](#)
- [HB121 - Modifies provisions relating to services for new families](#)
- [SB43 - Modifies provisions relating to protection of vulnerable persons](#)
- [SB71 - Creates and modifies provisions relating to public safety](#)



Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

SMHK: Caregivers Can Receive Support Too!

Show Me Healthy Kids (SMHK) knows caring for children who have experienced trauma can be challenging. That's why they support not only members, but also caregivers. Together, these programs help caregivers stay supported, healthy, and connected—because when caregivers thrive, children thrive. Below are no cost resources available to SMHK families:

Health & Wellness Programs (Kansas City area) – *ma4* Network

- Health Promotion Courses – prevent disease or manage chronic conditions
- Social Programs- promote engaging, community-centered cooking, and nutrition classes designed to enhance your lifestyle and overall well-being

Upcoming Workshop – Kansas City *Steps to Healthier Living: Diabetes Edition (DSMP)* Sept. 30 – Nov. 11

Register: www.marc.org/MSNclasses (Use code MSNHealth-HSH)

Questions: 816-936-8802 | agingacct@marc.org

Register

ATTACH – Trauma & Attachment Caregiver Support

Online support groups for SMHK families. No membership required. Monthly themes focus on parenting children with attachment and trauma challenges.

- Mondays at 8:00 p.m. (1st & 3rd weeks)
- Wednesdays at 11:00 a.m. (weekly)

Register: Email familyadvocacy@attach.org or call/text **612-548-1057**

(Identify that your child is a member of Home State Health/Show Me Healthy Kids)

Register

Pyx Health – Supporting Caregivers of Teens

Designed to support caregivers of teens by addressing challenges such as loneliness, isolation, stress, and caregiver fatigue:

- No cost, unlimited calls to our staff who understand the challenges of being a guardian
- Stress-reducing tools and resources
- Links to respite care and support groups

Register



CD Caregiver Portal Account Change Notifications

The Children's Division Caregiver Portal assists foster, relative, respite, legal guardianship, and adoptive families in reviewing their contact, placement, and financial information. **On August 29, 2025, the citizen portal team sent email notifications to 42 individuals that their account access has been downgraded to a Level 1 from Level 2 due to inactivity.**

The email included instructions on how to regain Level 2 access if needed. When your access is downgraded, you will still have an account, but you will need to log in and complete the instructions in order to regain Level 2 access.

If you have or had trouble with this process, please try again after a few days. This announcement is being provided to you because you may receive calls regarding the emails as a result of these notices.



The Call to Foster Podcast



Season 3, Episode 8: "Get into the arena."

Listen along as Shasta, Jessica, and Ashton chat with Becca Underwood about her experiences as a foster parent. Becca works with an organization called [CarePortal](#), which helps families around the country meet needs that contribute to children entering the state welfare system. Through her work, Becca was prepared to take on the care of a couple of children on a temporary basis through her job; however, the children were brought into care

just before her team was able to make it happen. She and her family had never intended to get into foster care, but they stepped up and were able to work with the state to help take care of those children.

Becca also has two children whom she's adopted internationally, and she discusses the differences between that and local adoption through foster care.

If you or someone you know is interested in becoming a foster parent, learn how to [get started on our website](#).

Listen Now



Regulation & Policy Reminders

13 CSR 35-60 - [Missouri Secretary of State: Code of State Regulations](#)

Care of Children Section, Pages 7 and 8

If the foster parent(s) discover that the child is missing, the foster parent(s) shall notify the division immediately. Within two (2) hours of discovering that the child is missing, the foster parent(s) shall also file a missing child compliant with the law enforcement agency having jurisdiction and inform the National Center for Missing and Exploited Children that the child is missing.

[National Center for Missing & Exploited Children](#)



Training

2025 Annual In-Service Psychotropic Medication Training

The new Annual In-Service Psychotropic Medication Training has been released on the [DSS Foster Care Training website](#). Don't forget to complete this required training! This year's topic is "Autism Spectrum Disorder and Psychotropic Medications."

[Take the Training](#)

Overcoming and Preventing Blocked Care

Virtual | October 17 6:00 - 9:00 p.m. & October 18 12:00 - 6:00 p.m.

Feeling emotionally drained or disconnected as a caregiver? You're not alone—and there's help.

Join KVC for an empowering 8-session online class: Overcoming and Preventing Blocked Care—a must for kinship, foster, and adoptive parents who want to reconnect with their children and themselves.

Blocked care happens when the stress of parenting a child with a history of trauma causes a parent's natural caregiving instincts to shut down. This class gives you tools to recognize it, reverse it, and build secure attachment—even in the hardest moments.

[Register Now](#)

Family Forward's Development Trauma Center

Several trainings are available to attend!

In-person trainings are located at 11358 Van Cleve Ave, St. Louis, MO.

For questions, email Intake.dept@familyforwardmo.org.

KVC Missouri Training

Check out the trainings available through KVC Missouri. There are several available at the link below.

[View Upcoming and On-Demand Trainings](#)

[Find Training](#)

Other Training Opportunities

The following links will take you to a multitude of training opportunities that are available for in-service hours:

[Parent Cafe Training Institute \(missouri.edu\)](https://missouri.edu)

[Foster Parent College - Online Training for Foster, Adoptive, and Kinship Parents and Caregivers](#)

[Training | Child Welfare Information Gateway](#)

[All Courses - FosterAdopt Connect Training \(thinkific.com\)](https://thinkific.com)

[Family Development Training - Central Missouri Foster Care and Adoption Association](#)

[Training for Parents | Foster & Adoptive Care Coalition \(foster-adopt.org\)](https://foster-adopt.org)

[KVC Missouri Trainings](#)

[National Training and Development Curriculum for Foster and Adoptive Parents](#)

[DSS Foster Parent Training Opportunities](#)



Tips & Resources

Homework Time

School is back in session! Here are some links to get back into your school and homework routine:

[How Parents Can Help With Homework \(Without Taking Over\)](#)

[Setting Up a Homework Routine: Strategies for Productive Study Time - Kids First Pediatrics of Raeford](#)

[7 Tips for a Successful Homework Routine - GLO - Groves Learning Organization - Minnesota](#)

[Strategies to Make Homework Go More Smoothly - Child Mind Institute](#)

Find a Resource
Center Near Me

Get a Foster Parent
ID Card

Caregiver Portal

[Apply to Be an Ambassador](#)

[Questions or Concerns](#)



CD Wants to Hear from You!

If there is information you would like covered in future Foster Parent Connections Newsletters, please email Abigail.J.Smith@dss.mo.gov.



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